Newsletter of the CPA Section for Students

Issue #9, Fall 2018
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It is my pleasure to be serving as your 2018-2019 Chair of the Section for Students in Psychology. I would first like to take this opportunity to express my sincere gratitude to several outgoing student executive members for their outstanding contributions to the CPA Section for Students: Kyrsten Grimes (Past Chair), Amanda O’Brien (Finance Officer), Michael Ku (Undergraduate Affairs Officer), and Michelle Guzman-Ratko (Graduate Affairs Officer). These students have been at the helm of our section for the last several years, and their enthusiasm and leadership will be missed!

As we say goodbye to these students, we welcome new members to our team from across the country: Alexandra Richard (Chair-Elect), Baenie La Fleur (Undergraduate Affairs Officer), Jérémie Richard (Graduate Affairs Officer) and Kaitlin Wilson (Finance Officer). I look forward to working with this new team, many of whom have already shared some great ideas on how to continue to improve our service to psychology students in Canada. They will be joining Alisia Palermo, who is beginning her second term as Communications Officer, and Georden Jones (Francophone Affairs Officer) and Jean-Philippe Gagné (Past Chair) to form your 2018-2019 Student Executive committee.

This past year was a challenging one for our executive because of the pressures of hosting the International Congress of Applied Psychology (ICAP 2018) concurrently with this summer’s CPA convention in Montréal. Our Past Chair, Jean-Philippe Gagné, successfully guided our team through the process of planning activities for this international conference. His goal was to provide Section programming at ICAP that would be relevant to students at all levels of training and from different backgrounds. For instance, he ensured that Francophone students were represented at ICAP by planning a discussion forum for French students about graduate school applications. His leadership also allowed us to offer more student programming than ever before on a wide range of topics including funding applications, networking, self-care in graduate school, the replication crisis and peer-review in psychology. This summer he also spearheaded the professional translation of the CPA Mentorship Program, making it fully accessible to both French and English students in psychology.

In my tenure as Chair, I hope to build on the work of my predecessors to offer a broad range professional development and learning opportunities for our members both at our 2019 Convention and throughout the academic school year. I also hope to create a series of short webinars or podcasts which feature successful professionals in psychology. The purpose of these interviews would be to highlight the diversity of careers available to psychology graduates and learn more about training and professional experiences necessary to prepare for these roles.

You will notice that this edition of the newsletter has a new look – we hope that you like it! In this edition, you can meet your Section Executive (p.4), learn more about student’s conceptualization of academic success by reading the winning poster of the 2018 Best Student Poster Competition (p. 13), see the winners of the Undergraduate and Graduate Representatives Awards of Excellence and the 2018 Student Travel Awards (p. 14), and read about the different initiatives we offer (e.g., publishing in Mindpad, student grants, CPA Mentorship Program).

As always, we welcome any feedback or ideas for new initiatives. Please do not hesitate to get in touch if you have any comments or questions about our activities.

I wish you a successful 2018-2019 academic year!

Chelsea Moran, University of Calgary
Alexandra Richard is a second-year PhD student in the Clinical Psychology program at McGill University. Her research focuses on investigating the links between individuals’ personality and their well-being. Specifically, Alexandra’s SSHRC-funded research explores the mechanisms by which perfectionism acts as a cognitive-personality vulnerability factor that places individuals at greater risk for developing certain forms of mental illnesses, such as depression and anxiety disorders, through longitudinal and daily diary studies. Beginning in September 2018, Alexandra is also completing her first clinical practicum at the McGill Counselling Centre where she will be working with McGill students. In her spare time, Alexandra enjoys reading books, listening to country music, and going on walks with her two dogs.
BAÉNIE LAFLEUR
Undergraduate Student Affairs Officer

Baénie is currently completing her Bachelors in Arts Honours in Psychology at the University of Manitoba. Her research interests include the operant conditioning of fish focusing on darkness as a reinforcer and participants confidence identifying a target using Earwitness testimonies. When she is not in the lab, she enjoys spending her time with friends exploring different areas of the city.

JÉRÉMIE RICHARD
Graduate Student Affairs Officer

Jérémie Richard will begin a doctoral student in Counselling Psychology at McGill University in Fall 2018. He completed his B.A. (Specialization) in Psychology in 2016 at McGill University, completing his undergraduate project in the area of health psychology under the supervision of Dr. Phyllis Zelkowitz. His M.A. research focused on the factors influencing addiction and high-risk behaviours in adolescents and young adults, with a focus on gambling and mental health. Jérémie currently works as a research assistant in the International Centre For Youth Gambling Problems and High-Risk Behaviors at McGill University under the supervision of Dr. Jeffrey Derevensky and Dr. Caroline Temcheff. In his spare time, Jérémie enjoys reading, hiking, weight-lifting, and regularly practices Vipassana meditation.

KAITLIN WILSON
Administration & Finance Officer

Kate is completing a combined undergraduate degree program in Psychology and Social and Cultural Anthropology (Minor Workplace Learning) at the University of Calgary. She is currently in her third year and plans to pursue a Masters and Ph.D. program in clinical psychology. Kate has conducted research on health anxiety, and the relationship between weight-based stigmatization and disordered eating behaviors. Her future clinical and research interests include adult psychopathology and patterns of comorbidity and multimorbidity associated with substance use disorders. In addition to school, Kate also works as a research coordinator in the University of Calgary’s Health and Wellness Lab. Apart from work and academics, Kate enjoys travelling, creative writing, yoga, and spending time with friends and family. She is also a strong advocate for animal rights and volunteers at a local animal rescue in Calgary.
ALISIA PALERMO
Communications Officer
Alisia Palermo is a MSc candidate in Forensic Psychology at the University of Ontario Institute of Technology (UOIT) under the supervision of Dr. Leigh Harkins. Her research interests include campus sexual violence and treatment of sex offenders. Following her Master’s degree, she plans on pursuing a PhD in Clinical Psychology in order to eventually practice in a correctional facility. Apart from academics, Alisia enjoys reading anything and everything, volunteering, watching reality T.V., and spending time with family and friends. Alisia is excited for a second term as the Communications Officer of the CPA’s Student Section!

GEORDEN JONES
Francophone Affairs Officer
Georden Jones is the Francophone Affairs Officer for CPA’s Student Section for the 2017-2019 term. She grew up in rural Québec in the Outaouais region and completed her undergraduate degree at the University of Ottawa. In 2018-2019 she will be completing her 5th year in the MA.-PhD. in clinical psychology still at the University of Ottawa where she gets the opportunity to complete her training in English and in French. Georden’s clinical and research interests focus on psychosocial oncology and health psychology. Her favorite activities include travelling, baking, jogging and enjoying delicious food. Georden is happy to represent Canadian psychology students for another term and looks forward to an amazing convention in Halifax! Georden est heureuse de représenter les étudiants en psychologie au Canada pour un autre mandat et au plaisir de vous voir à la conférence de 2019 à Halifax!

Interested in Joining our Team?
If you are interested in getting involved with the Section for Students’ Executive, we will be holding elections this spring for the positions of Francophone Affairs Officer and Chair-Elect. Please refer to our website for further information regarding the application process.
2018 ICAP CONVENTION RECAP

We are already looking forward to next year in Halifax, New Nova Scotia! Here’s a look at what you missed from this year’s joint ICAP/CPA Convention in Montreal, Quebec:

Discussion Forum - Facing the “replication crisis” as psychology student: Where do we go from here?

This discussion forum raised awareness about the issues surrounding the “replication crisis”, created an open conversation about the meaning and its impact for students and their future in psychology, and attempted to brainstorm how students can begin to play an active role in addressing this issue.

Discussion Forum - Self-care while in graduate school: A discussion of challenges and techniques

This forum normalized and acknowledged the necessity of self-care through sharing experiences. It served as a discussion for students to share self-care techniques with each other to expand everyone’s skill set.

Discussion Forum - Canada Graduate Scholarships: Navigating the process of Tri-Council Agencies

Following the forum, graduate students should approach scholarship applications with more confidence and with tips and tricks to navigate the process effectively. Students gained knowledge on the Tri-Council Agencies’ mandates and the actual application process at the masters and doctoral levels.

Discussion Forum – Discussing strategies for networking in a connected age

This forum discussed the challenges students face when trying to network, strategies for effective networking, and how to maximize opportunities for networking such as conferences and other networking events.
Workshop - Graduate school applications in psychology: Positioning yourself for success

Attendees gained knowledge on the core components of graduate school applications in psychology, learned about the different graduate programs and career paths within the broad field of psychology, learn concrete and practical skills pertaining to graduate school applications in psychology, and were provided with tips and advice on how to identify and network with potential research supervisors. Tips for self-care during the process and personal stories were also shared during the discussion.

This year, the Student Section held a French discussion forum of the Graduate School Application Workshop for the first time!

Workshop - Turning the tables on peer-review: A student’s guide to writing and responding to reviews

Attendees learned and practiced strategies for reviewing manuscripts, obtained concrete tips for gaining reviewing experience in graduate school, and received guidance for responding to reviewer comments. Attendees also gained insight into the role of the journal editor in the peer review process.

Keynote Address - Dr. Richard Koestner

Dr. Koestner explored factors that interfere with our capacity to successfully attain personal and professional goals. After outlining common errors made in goal-setting, he described recent research that suggests that there are three little-known secrets to setting goals. This Keynote Address provided practical information for use in one’s personal and professional life.

Student Social

This year, the student social was held at L’Assomoir! We shared in great food, great drinks, & great company. We had an amazing turnout & we hope more of you come out next year!

The workshops from this year’s convention are now available! Check them out: http://cpa.ca/students/resources/

Stay tuned for more information regarding opportunities and programming for next year’s convention! Have suggestions for workshops for next year’s convention? Contact us: http://www.cpa.ca/students/about
LOOKING AHEAD: THE 80TH CPA CONVENTION

2019 Convention Theme:
PSYCHOLOGY’S CONTRIBUTION TO SOCIETY

Where? Halifax Marriott Harbourfront & Delta Halifax, Nova Scotia

When? May 31 – June 2, 2019

Who? This year, the CPA convention will be held in conjunction with the 4th North American Correctional and Criminal Justice Psychology Conference (NACCJPC)

What to expect?

• Three days of conference programming
• High quality lectures, addresses, symposia, presentations and posters from individuals in the psychology community across Canada
• A scientific program featuring symposia, workshops, print and digital posters, 5- and 10-minute spoken presentations, Section business meetings, and more
• Learning about developments and issues in psychology including delivery of psychological service, registration and licensure, training standards, and the funding and dissemination of research.
• A variety of presentations and social events tailored to Canadian students in psychology and related disciplines organized by the CPA Section for Students
• And much more!

For more information about the 2019 Convention and travel discounts, go to https://convention.cpa.ca/

The Abstract Submission System is now open!
Visit: https://events.decorporate.ca/CPA2019/abstract/login.php
The CPA Section for Students in Psychology’s has proudly launched the fourth yearly edition of the CPA Student Mentorship Program. This program was founded in 2015 by Zarina Giannone and was coordinated in past years by Jean-Philippe Gagné (2016 – 2017) and Chelsea Moran (2017 – 2018). I, Alexandra Richard, am very excited to take on my role as coordinator of the program for the 2018 – 2019 academic year. I hope to continue the work of these three previous individuals in taking part of such an important initiative that connects psychology CPA Student Affiliates across Canada and enables the sharing of knowledge and experience between students.

As psychology students, we are fortunate to be part of a discipline that attracts such a wide array of individuals with equally vast interests and career goals. The CPA Student Mentorship Program aims to tap into the collective knowledge of our CPA Student Affiliates, who bring with them their individual experiences from studying within different domains of psychology such as clinical, developmental, neurobiological, and educational psychology, to name a few. By matching students based on their specific interests, skills, and experiences within the different domains of psychology, we hope to provide a unique opportunity for the transfer of knowledge between students who are at different stages in their training.

Graduates students will provide mentorship in the form of guidance, advice, information, and support to undergraduate students who are looking for direction and who also share similar interests, research, and career goals within the broad domain of psychology. By taking this approach, we hope to provide all students participating in the CPA Student Mentorship Program with the most positive experience that assists them in making lasting connections and achieving their desired educational and career goals.

There are many benefits to peer-mentorship for both mentors and mentees. Undergraduate mentees receive guidance from mentors about area-specific information in psychology (e.g., Clinical vs. Counselling Psychology), learn about the importance of research and knowledge dissemination, gain insights on graduate school admissions and application processes, obtain guidance on funding and scholarship information. Graduate student mentors can gain experience in a leadership role and expand the professional section of their CV. Both mentors and mentees increase their networking opportunities, gain perspectives on career opportunities both inside and outside of psychology, and partake in a professional relationship that may also provide emotional support and friendship.

To participate in the program, undergraduate students (mentees) and graduate students (mentors) are asked to complete an application form and submit their CV. Additionally, mentors are asked to provide a personal statement that outlines their previous mentoring experience and describes how they feel they could assist students in a mentorship role.
Applications are then matched by the Program Coordinator to create dyads that are compatible based on career goals, interests in specific areas of psychology, geographic location, as well as language and communication preferences. Once paired, mentors and mentees are provided with an icebreaker activity and training manual to make the mentoring process as smooth as possible. While these tools have been made available to students to facilitate the mentoring process, we have also made efforts to ensure students can tailor this experience to suit the specific needs of each mentorship pair. Ultimately, it is up to each dyad to decide what works best for them, such as how often and through what medium (phone, email, or in person) of communication is mutually convenient for both individuals.

We are very excited to have 35 dyads of students participating in this year’s program from a wide array of universities across the country. This year’s group of mentors consists of exceptional graduate students from Master's and Ph.D. programs in clinical psychology, counselling psychology, educational psychology, forensic psychology, child psychology, and applied and experimental psychology programs with specialties in personality, social, health, neuroanatomy, and industrial/organizational psychology. We were also very fortunate to receive applications from experienced mentors who participated in the program in past years, in addition to mentors who have had mentorship experience in other programs and positions throughout their career. Mentees taking part in this year’s program also have a wide range of interests and questions for which they were seeking guidance.

Additionally, this was the first year that the CPA Mentorship program translated all of the program materials to French in order to make the program completely accessible to both English and French-speaking CPA Student Affiliates. We were very pleased to see some applications from French-speaking universities and we hope to continue to adapt this program to encourage and facilitate participation for francophone students.

If you are interested in participating in the CPA Student Mentorship Program next year, mark your calendars! The call for applications for the 2019 – 2020 academic year will be released in June/July 2019. We will announce this on our webpage and will also be circulating emails to all our CPA Student Affiliates, so keep an eye out! In the meantime, please feel free to check out our website for more details about the program, or feel free to email me at alexandra.richard@mail.mcgill.ca if you have any questions or concerns about the program. As program coordinator, I am always available to offer support to mentor dyads throughout this year. I also encourage past and current program participants to write me with any feedback or suggestions so that we can continuously provide a program that best meets the needs of all CPA Student Affiliates. I wish you the best of success in your 2018 – 2019 academic year!

Alexandra Richard, McGill University

“Both mentors and mentees increase their networking opportunities, gain perspectives on career opportunities both inside and outside of psychology, and partake in a professional relationship that may also provide emotional support and friendship.”
MindPad aims to publish material that is of interest to all who are practicing and studying psychology, but with a primary emphasis on articles that are of interest to students of psychology. Mind Pad is published twice a year. Each issue is published one month following the publication of Psynopsis, and is therefore published in the final week of the months August, November, February, and May. Mind Pad is published electronically online, and made available on the CPA website. Content is encouraged that are unique, innovative, and may catalyze discussion and debate among members and affiliates of CPA, as well as within the psychological community.

The Summer 2018 Edition of MindPad can be found here: https://cpa.ca/docs/File/Students/MindPad/mindpadsummer2018/

**SUBMISSIONS**

Mind Pad may publish a range of submissions, including but not limited to:

- Original research summaries
- Research review summaries
- Psychology career-related articles
- Opinion articles on a psychology-related topic
- New trends in psychology or psychology research
- Reports on conferences or workshops attended
- Campus Corner write-ups on psychology programs at Canadian universities
- Reflections on psychology in the media
- Research results
- Press releases

At the discretion of the Editor-in-Chief, issues of Mind Pad may be themed. Mind Pad accepts submissions in English or French.

For a full list of submission guidelines, as well as the submission process, please visit http://cpa.ca/MindPad/EditorialPolicy. If you are interested in submitting an article, or have a comment about one you read here, please contact the editor, Jean-Philippe Gagné (jean_ga@live.concordia.ca).
STUDENT AWARDS RECIPIENTS

BEST POSTER AWARD

Lauren Goegan
University of Alberta

Lauren is a PhD student at the University of Alberta in the Department of Educational Psychology. Her poster focused on how students define academic success and how that compares to definitions utilized in research. Overall, her PhD research examines student success during post-secondary studies.

The purpose of the Student Section’s Best Student Poster Award is to encourage high quality submissions to the Section for Students division for the annual conference of the CPA. Each year we recognize the student with the best undergraduate and best graduate poster submission to the Section for students. Recipients receive $150 from the Section.

Congratulations on your hard work!

UNDERGRADUATE REP AWARD OF EXCELLENCE

Lucas Walters
Memorial University of Newfoundland

Lucas Walters is completing his BSc (Hons) in Psychology at Memorial University in Newfoundland and is hoping to pursue his interest in Clinical Psychology through graduate school in the future. Lucas has a keen interest in psychological research and has contributed to a variety of labs both on and off campus. More specifically, Lucas is interested in the field of sexual behavior and contributing to a body of research that has been historically understudied. Having been an Undergraduate Representative for 2+ years with the CPA, Lucas has been privileged to have worked with both faculty and students to strengthen the Psychology community. In his spare time, Lucas enjoys volunteering within the mental health community and traveling across the country to deliver mental health education to universities and communities. Incredibly thankful for this award, Lucas looks forward to contributing even more to the field of Psychology and pursuing graduate school in the coming years.
TRAVEL AWARD RECIPIENTS

At the CPA Convention this year, the Student Section awarded the Travel Award of $250 to 20 students. Congratulations to the following recipients of this award:

Julie Prud’Homme
Karine Lacroix
Ariel Ko
Michelle Paluszek
Devon Chazan
Chelzea Madia
Casey Oliver

Evanya Musolino
Monica Ghabrial
Julia Grummisch
Sarah Babcock
Karen Jones
Jaqueline Hogue

Karolina Rozworska
Emily Andrews
Lauren Goegran
Shayna Pierce
Sumin Na
Kesha Pradhan
Melissa Mueller

For more information on the Travel Awards and to see if you are eligible, please visit http://cpa.ca/students/resources/studentawards.
STUDENT GRANT OPPORTUNITIES

Students, do you need help with funding? Whether it is for research or to hold an activity on campus, the CPA Section for Students has not one but TWO new grant opportunities to help you out!

CPA Student Research Grant

This award is intended to support students in undergraduate or graduate programs in any domain or discipline within psychology who are actively engaged in research. Given the costs that are associated with conducting research, and the limited funding that is available to students, the Section for Students wishes to recognize and support student research efforts by awarding two research grants, valued at $500 each, to help alleviate a small portion of the financial burden.

**Deadline: November 18, 2018**

**Eligibility**

To be eligible for this grant, students must meet the following criteria:

1. The applicant must be a current member of the Section for Students of the Canadian Psychological Association
2. The applicant must be the primary investigator and/or first author of the research project
3. The research project for which support is being sought must be relevant to at least one domain or discipline within psychology
4. The research project for which support is being sought must not yet be completed (i.e., does not apply retroactively to completed research projects), and the research and/or data collection must begin within 12 months of the adjudication of this award.

Please note that this award is separate from the recently announced CPA Grants for Student Research and Knowledge Dissemination, which is not managed by our section.

Instructions for submission and application materials are available at the following link:

[https://www.dropbox.com/sh/yh8hhm4n6qa14w9/AAA7a85mpf5biIS_hBZ2Qu7Aa?dl=0](https://www.dropbox.com/sh/yh8hhm4n6qa14w9/AAA7a85mpf5biIS_hBZ2Qu7Aa?dl=0)
The purpose of the Campus Initiative Grant is to support events or programs that serve to enhance the educational experience in psychology of students on campus. Common examples include holding training seminars, talks or colloquia with an invited speaker, networking events, and psychology-related workshops, lectures, or panel discussions. In addition to single-events, longer-term projects or programs that serve to enhance students’ experience may also be eligible as initiatives. For example, groups may apply for funds to support the start of a department-wide mentorship program for students.

**Deadline: December 16, 2018**

**Eligibility**

To be eligible for this grant, students must meet the following criteria:

1. Applicants must be a current member of the Section for Students of the Canadian Psychological Association; for student-group applications, the individual applying for the award on behalf of the group must be a member of the Section for Students.

2. Initiatives must be related to the purposes and requirements as detailed in Sections (1) and (2); that is, related to the educational objectives of the Section and relevant for its members.

3. Proposed activities or initiatives must be held at the institution’s campus.

4. Initiatives must have received departmental approval prior to being submitted. A letter from the Chair of the relevant department in support of this initiative or event must be submitted.

**Instructions for submission are available at the following link:**

[https://www.dropbox.com/sh/8uibiuhykk769qx/AADFB0I5yb3eX1PSvYhQm4-8a?dl=0](https://www.dropbox.com/sh/8uibiuhykk769qx/AADFB0I5yb3eX1PSvYhQm4-8a?dl=0)
How to: Join the Student Section for FREE

There are many benefits associated with your CPA Student Affiliate membership, and many of these are provided through being a member of the CPA Section for Students. When you purchase or renew a CPA Student Affiliate membership, you are not automatically enrolled as a member of the Section for Students – you must choose to join on your online profile.

Becoming a member of the Section for Students is completely free, and this ensures that you are eligible for the awards and activities that our Section provides to students. If you want to make sure that you are making the most of your membership, follow the steps below to join!

Steps to join the CPA Section for Students

1. Log into members only area: https://www.cpa.ca/membership/membersonlyarea/ and click on “Manage my Profile”.

2. Log in using your credentials on the next page.

3. Scroll down your profile page to "If you wish to join a Section after you have completed the online renewal, please Click Here" (Near bottom of page)

4. Scroll down to "Students in Psychology" among the list of CPA Sections and check the box. Then click “Next”
5. The payment page will indicate amount owed of $0.00 (no payment required). Agree with the terms and conditions and click submit – you are now officially a member of the Section for Students!

6. Congratulations! You are now a Student Section Affiliate! *Don’t forget to add this to your CV!*

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**Thank you to our 2017-2018 Executive!**

Left to right: Michael Ku, Michelle Guzman-Ratko, Amanda O’Brien, Jean-Philippe Gagné, Alisia Palermo, Chelsea Moran, and Georden Jones.

Thank you to our 2017-2018 Chair, Jean-Philippe, for all of your hard work this year! A special thank you to our members who have moved on from our Executive Team, Michael Ku (Undergraduate Student Affairs Officer), Michelle Guzman-Ratko (Graduate Student Affairs Officer), and Amanda O’Brien (Administration & Finance Officer)!

Best of luck in the future!
Follow Us Online

Facebook: @CPASectionForStudents
Twitter: @CPA_students

Have an idea for our next issue? We would love to hear from you. For any comments, questions, or suggestions, don’t hesitate to contact a member of the Student Executive.